

Fresh From the Kitchen

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Juicy ripe strawberries are simply divine when fresh and in season. And they can add their divineness when cooked in savory dishes. Pair them with cheese and springtime sweet onion to intrigue the taste buds in this popular appetizer.

Sweet Onion Quesadilla with Strawberry-Serrano Salsa

- 1 medium Vidalia or other sweet onion
- 8 large strawberries
- 1 serrano pepper with some seeds, minced
- 1 tablespoon plus 1/4 cup chopped fresh cilantro
- Juice of 1/2 lime (about 1 tablespoon)
- 1/4 teaspoon plus 1/8 teaspoon sea salt, or to taste
- 6 (8-inch) stone-ground whole-wheat or sprouted-grain tortillas
- 2 tablespoons peanut oil
- 8 ounces shredded organic or locally produced Monterey Jack cheese (about 2 cups)

1. Finely dice 1/3 of the onion. Gently combine the diced onion, strawberries, pepper, 1 tablespoon of the cilantro, and the lime juice in a medium bowl. Add 1/4 teaspoon salt. Set aside.
2. Very thinly slice the remaining 2/3 onion. Arrange in a single layer on a large microwave-safe plate. "Micro-roast" (cook in the micro-wave oven) on high until the onion is just softened, about 1 minute. Add remaining salt.
3. Rub 3 tortillas on one side with 1 tablespoon of the oil (no need to dirty a brush – use your fingers!) and put oiled side down on a bamboo or Paperstone cutting board. Divide the micro-roasted onion, cheese, and remaining 1/4 cup cilantro among the tortillas and cover with the remaining 3 tortillas. Rub the tops of the quesadillas with the remaining oil.
4. Heat a large skillet over medium-high heat. Cook the quesadillas one at a time until lightly toasted, about 2 minutes per side, using a lid during the first 2 minutes of cooking time for each. Transfer quesadillas to the cutting board and cut each into 4 wedges. Serve warm with the strawberry-serrano salsa.

Per Serving: 280 calories, 17g total fat, 8g saturated fat, 0g trans fat, 35mg cholesterol, 520mg sodium, 27g total carbohydrates, 3g dietary fiber, 13g protein.